

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What are you going to do when
the semester ends?



"Back full time and travel."

Sarah Marikar,
second year
accounting

"I'm going to Vegas. Visit
Los Angeles. Visit Chicago."

Mina Ashkan,
first year
marketing



"Get drunk and party."

Karlaene Byrnes,
first year
medical nursing



"Drink and sleep."

John Arvin,
first year
general arts and
sciences pre-law



"Go to the village."

Heather Oshinski,
first year
medical nursing



Emily Cassano, journalism and social sciences

OH SNOW! IT'S NOT DONE YET



PHOTO BY BRIAN POLLOCK

Spring was supposed to start on April 8, as the snow melted and classes resumed. However, this week, spring is still with them to meet them to the end of the semester.

Peer helpers get recognition

By **ROBIN CANTWELL**

Peer helpers gathered on Conestoga College's Learning Commons to celebrate Peer Assistants Week on April 8. A peer team leader, which is a role place for more than eight years as part of the work peer volunteers and have a chance to receive recognition for their efforts.

"The most recent week, it was well attended by staff and students," said Brenda Anderson, the peer services officer.

Students of excellence were given a plaque. The group is composed of students, staff, and faculty. The group is composed of students, staff, and faculty. The group is composed of students, staff, and faculty.

In the past year, approximately 100 peer volunteers have been involved in a variety of projects, including peer tutoring, peer mentoring, and peer support. The group is composed of students, staff, and faculty.

The Learning Commons is a place where students can get help with their studies. The group is composed of students, staff, and faculty. The group is composed of students, staff, and faculty.

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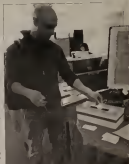


PHOTO BY BRIAN POLLOCK

Peer Assistants are a group of students who provide support to other students. The group is composed of students, staff, and faculty.

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Your move Mr. Harper

BY ADAM HUBBELL

Everyone has done their part.

The City of Cambridge donated the land, the provincial government pledged \$25 million in support and now Winston-Royal has made an \$8.1 million contribution.

We're only waiting on one person.

The answer is Mr. Harper. It's your turn.

Cambridge College's plan for the construction of an 18,000-square metre campus in Cambridge to house the new School of Engineering and Information Technology and the expansion of its health sciences school now rest in the hands of the federal government.

College president John Tobolski is asking for \$55 million in funding from the feds.

Providing this funding should be a no-brainer for Harper's government.

The total cost of the project is \$127 million, which will go toward the development of the Cambridge campus and the expansion of the health sciences school that will include the building of a new Emergency Medical Services (EMS) station at the same campus.

The 14 acre site, located off Highway 401 from the college's main campus, will give students growth at Cambridge's both in terms of enrollment and a series of programs in areas essential to economic development, such as medical education, engineering technology, renewable energy and digital media.

The short-term benefits would be great in the expansion of the campus would provide jobs in architecture and design, electrical work, plumbing, masonry work and heat up and air conditioning, just to mention a few.

Long term, the campus could help solve a major problem Ontario is already facing — the growing shortage of skilled workers.

According to the lowering of skills in the labour force of business groups, unions and colleges, the shortage of skilled labour in the country is reaching the point of a "critical mass" that threatens to destroy the industry entirely.

Adding baby boomers will soon be retiring, leaving huge gaps in the workforce, and colleges and unions will struggle with long up with the demand for trained workers. According to the Conference Board of Canada, Ontario specifically could have a shortage of more than 540,000 skilled workers by 2020.

What's completed, the new campus will have 3,000 full-time skilled trade students and 1,000 students participating in apprenticeships, which would help ease the skilled labour shortage.

Another important factor that should move the decision that much faster for our Prime Minister is the new computer will provide training for jobs that will be important once we emerge from the recession, creating better core skills, providing and hope for it.

There is no reason why the government shouldn't provide this money to the college.

That may be the smartest thing Mr. Harper will ever have to make.

Has the true meaning of Easter been lost?

Easter now too commercialized

Easter has become part of commercialized in Christmas is, and, really, that Christians have to deal with people talking about Santa and the Easter Bunny instead of Jesus in two Christmases getting ready at home for making a merry Christmas instead of Jesus.

There's belief in Jesus both and resurrection part of the events for the holiday seems to have been taken out of the background while people are focused on the sugar and presents. It's hard to understand when the egg hunt and the egg roll and the Easter Bunny and the Easter Bunny are the picture, but not with the days of Jesus and his resurrection. It's not likely the next year anyone will consider the resurrection and resurrection while their children were looking for coloured hard-boiled eggs.

The Roman Catholic Church thousands of years ago lived at pagan beliefs with their own in their world but in a pagan Christian as they convert of those they could find little work in the world and eggs were used for the season of rebirth, also known as spring. Since Jesus was reborn, it was thought that the renewal rebirth of spring and his resurrection should be combined.

The next time we have come to the tradition of eggs with a basket that holds them and in looking them right the world can begin again. May you be



Patrick Lundberg, Spokane

Christians are expected to attend church and also make the Jordan River give so we could also begin new. However, in question the Holy Spirit, there's not the one.

Five of us have had to endure the hardships our second and perhaps the materialistic attitude in today's society has led to the state of our current economy.

Somewhere I keep the key in my car, and yesterday in my Easter gift, I thought Santa took a break and sent Christmas for 1 year. I was wrong as should all of us, our world. What happens in a religious celebration of past and future changed what was a holiday, large and there again was a people spring time.

We are unfortunately again. Five of us have had to endure the hardships our second and perhaps the materialistic attitude in today's society has led to the state of our current economy.

the hardships our second and perhaps the materialistic attitude in today's society has led to the state of our current economy. The people are shared down in poverty by our own culture, but there, and will continue to be one that emphasizes materialistic goals and that state is better than that.

The modern world's success and its problems are making Easter into a secular holiday. Although chocolate, candy eggs and painted rabbits are not really bad, there are more seriously ways than the progress of the holiday a religious. Christians do not see how the Christians are telling Christians that are wrong in making Easter and religious events like Christmas.

Most of us don't see through you shouldn't have a good time the Easter Christmas and the Christians should still enjoy the holiday with their family. Christmas and gifts aren't a bad thing. It is the fact that these things can lead you to the wrong Easter celebration.

When it comes to Easter and Christmas, it is best to remember that they are religious holidays in a simple and simple. If our workers in our have the same materialistic and secular view, like you, to show their respect and respect it is best to remember that holiday is truly about and not to have right of it.

SPOKE

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Campus protected from terrible virus

By JERRY BROWN

New college campaigns around the globe — including those close to home — have been infected with Conficker, a harmful computer virus that is spreading worldwide success. Computers around the world began to show symptoms of infection and January noted six European, international and public networks.

Conficker also known as Deep Downslap and Haka is a worm targeting the Microsoft system that was first detected in October 2008. At early warning of the worm spread through the Internet by exploiting a weakness in the network code of various Microsoft operating systems including Windows 98/00 Windows XP Windows Vista Windows 7.

Haka and Windows Server 2008 R2 Haka that was the covered earlier that month. The worm has been around for almost a year, spreading to most or because of its combined use of advanced malware such as:

Notable Haka is a number of information technology services (ITS) at Conestoga College, last time any signs of the virus on campus.

"Thankfully we haven't had any signs of the virus from our staff or students," said Haka. "The virus has spread to most of the computers that the virus has been on for. Due to the protection updates that Microsoft has released since the introduction of the virus, it is safe to say that going forward, we shouldn't have any more."

Kolena is also certain the network is safe from the much more severe.

"Based on campus we are Symantec AntiVirus on all the computers as a primary defense against viruses and malware," said Kolena. "While this virus was active, we were in good luck. It didn't get a permanent infection. The good security of the school system from a program called Deep Freeze, which is used to protect the security and protection."

"Detection of Symantec and Deep Freeze, viruses have been a very small problem at Conestoga."

Microsoft has recently updated their malware software removal and is attempting to repair our Conficker. The tool can be downloaded from Microsoft's update center.



PHOTO BY JERRY BROWN

Computers at Conestoga College have been protected from the malware Conficker virus, which has a global outbreak of computers around the globe.

Graduation brings hopes and fears

With a high unemployment rate, some of Conestoga's graduates are feeling the stress

By JEROME A. BROWN

It seems like this semester has just flown by. Almost 100.

The college days of stress we dread will be coming to an end in some weeks. Where has the time gone?

There are many milestones to look forward to in our future and even more here.

With the economy in such distress and jobs being cut left and right, it's only natural that our future will catch up to us some graduation.

"I hope to get a good job but don't want to leave of how the economy is going," said Nicole Law, a general business student.



Nicole Law
general business



Carole Delamonte
marketing



Shana Ford, double and
communications

school.

"Hopefully I get a good job at Delta Marketing and don't have to come back to school," said Carole Delamonte, a marketing student.

While most graduates hope to get a job in their chosen field, some are just looking for

a better job.

Shana Ford, a design and communications student, said, "I really want to come out of here with a better sense of who I am. I am hoping that would be great. A better sense of self is not a bad thing."

Some like a better job of hope and demand for graduation that are not in our lives but surely the something we can accomplish.

American career counselor and author Richard Lammertman once said, "Now I'm not afraid with a diploma for a good and lots of money for me."

RAISING MONEY FOR DIABETES



PHOTO BY JERRY BROWN

Steve Brown and Linda Smith, student president general business students, will be raising money for the Canadian Diabetes Association on April 5 at Conestoga College. Brown and Smith were raising money for the association as part of a class project.

THANK YOU, CONESTOGA, FOR BEING THE DIFFERENCE

The Respect Campaign thanks all students, staff and faculty who have contributed this year towards re-enforcing a community that is respectful, welcoming and inclusive to everyone at Conestoga!

Through leadership and positive role modeling, we all have the opportunity to impact our community and build a respectful environment for everyone.

THANK YOU FOR BEING THE DIFFERENCE

Be the difference.
Respect



JOHN HOVIND

John Hovind (top) and Don Rasmussen (bottom) are working on the mural. Hovind is the mural painter and Rasmussen is the mural painter's assistant.



Mural transforms Student Life Centre

The transformation of the mural part of the mural in the Student Life Centre is starting April 7 has transformed a dull grey area into a kaleidoscope of colors, murals, posters, a wall is covered with a collage of energy and life. The mural is part of a college-wide effort to create a facility that is both positive and student-oriented.

Phase 1 of the mural was a design of a photograph, from which a large screen surrounded by words that identify what you will find at Gonzaga College (e.g. respect, learning, diversity, community, etc.). It was created above the Student Life Centre area last year.

The mural is a result of a year-long graphic design contest, as noted, with the assistance of faculty. The mural was created by Gonzaga Students Inc. (GSI) and the College Student Life Office at the end of the winter 2008 semester. The winning student group was awarded a financial prize of \$1,000 for their creative design. Project designer, Jeff Bell, continued the work over the course of his second year under the guidance of year two project manager, Don Rasmussen.

Jeff interpreted Gonzaga's mission, led by Jeff Rasmussen, a graduate of Gonzaga's graphic program, provided the main title, graphic and coloring of the mural. The mural is a



Athletes get caffeine energy boost

But drinking too much coffee can erode performance

By KATHLEEN HARRIS

Coffee drinkers have always known that a cup of joe is a great energy booster. More researchers have the data to back that up.

According to researchers at Hamilton, caffeine helps athletes run longer and faster. For some sprinters and long distance runners have been known to gulp a cup of coffee before a race to get that extra bit of energy.

Caffeine fuels their energy level just like it helps some people stay awake.

In an eight-ounce cup of brewed coffee, there is 90 to 100 milligrams of caffeine. In some portions, Coca Cola only has 54 milligrams in an eight-ounce cup.

Canadian Edwards has worked at Tim Hortons at Redoubt for the past five years. During a reprieve, she has seen her share of coffee drinkers.

"We heard good and bad things about coffee but from what I've experienced and heard at work coffee is good for you as long as you don't get double-doubles five times a day," said Edwards.

"It's good to educate yourself on the risks of your coffee drinks."

Other than the fact that caffeine gives you energy, Dr.

Mark Tarnopolsky of McMaster University Medical Centre said when asked some of the journal Applied Physiology Nutrition and Metabolism that, "The caffeine is allowing a little bit more oxygen to be released into that muscle. It would make that muscle contraction a little bit stronger so you can actually either run or the same person will last longer or run at a faster pace for the same time."

The caffeine took the stand on propelling the feeling of fatigue and pain and more endurance. However, if the caffeine kind, pressure, makes your muscles/ system making it harder to digest properly run state performance, it reduces, causes headaches and effects length and quality of sleep.

According to an article titled Coffee: What does Caffeine do to Your Body? "some health effects are due to the caffeine content of coffee as the benefits are only observed in those who drink decaffeinated coffee, while others appear to be due to other components. For example, the antioxidants in coffee prevent the oxidation of LDL, which is bad for the heart."

It is a risk when seeing the risks of caffeine such as caffeine's. Furthermore, heart disease, the brain caffeine type run, elevation of the liver and gut.

However, despite the benefits, it can also "cause a temporary



PHOTO BY KATHLEEN HARRIS

Coffee is one of the most commonly consumed beverages in the world. Whether you drink it to get going in the morning, or as a treat during the day accompanied by a sweet treat, you should be aware of the negative effects it can have.

increase in the staffing of several malls. Excess coffee consumption may lead to a decreased efficiency or hyper concentration and may produce a risk for coronary heart disease."

Although coffee may be a performance-enhancing drink, it's not brewed from the Olympics.

Understanding that very small doses of caffeine enhance

performance somewhat, larger doses tend to erode performance," said Dr. Andrew Lepore of Montreal, an advisor to the Canadian Centre for Kinesiology, in an April 1 article in CBC's website.

"Whether you drink double-doubles or regular coffee, it's the content and the amount of coffee consumed as a day that can cause negative effects. In a large double-double at Tim

Hortons there are 400 calories and 10 grams of fat. If you're a coffee drinker who consumes three coffees a day, that becomes 1200 calories and 30 grams of fat. Companies that like McDonald's Double Quarter Pounder with Cheese which contains 640 calories and 40 grams of fat.

Most people forget that long-term caffeine that, and alcohol is included in their calorie consumption.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM

STROKE
Sudden loss of consciousness
Sudden loss of speech
Sudden loss of vision
Sudden loss of movement
Sudden loss of sensation

STROKE
Sudden loss of consciousness
Sudden loss of speech
Sudden loss of vision
Sudden loss of movement
Sudden loss of sensation



CAREER SERVICES & ADVISING

PRESENTS
Workshops

Resume & Cover Letters/Job Search & Interviews

March 11, 12:00pm-1:00pm (open to all)

March 12, 10:00am-11:00am (open to all)

April 1, 10:00am-11:00am (open to all)

April 1, 10:00am-11:00am (open to all)

April 1, 10:00am-11:00am (open to all)

These workshops are designed to help you develop your resume and cover letter skills.

<http://www.conestogacollege.ca/education/career>



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Conestoga professor an inspiration

Despite numerous setbacks, Olympic dream continues

By ADRIAN BROWN

Crystal Shedd Cress, a student teacher with Conestoga College professor trainer and a national and world champion in track and field, who has made the Olympic team three times, although she never actually competed in them.

Shedd Cress was born and raised in Kitchener, one of the three girls named "Shedd" in Kitchener, and has been playing sports her whole life.

During her teenage years, she did some judo and karate, which didn't last very long, as well as gymnastics, and she got to tell. However, her greatest love was basketball.

In Grade 7 one of her teachers introduced her to triple jump, which at the time girls did not compete in.

When she reached high school, her athletic career took off. She competed in basketball, which by then time had dropped to her second love after volleyball, which she played with the junior national team. She also competed in track, which she was just starting to love, and made Canada's Olympic team for the first time at the age of 14.

But, Canada wouldn't take 14-year-olds to the Olympics because they didn't think she was at that level of competition, so she was sent to junior world.

After high school, Shedd Cress went to Kitchener

Michigan University for a few years where she had a dual scholarship in volleyball and track. However, in her first year after just getting back from outside she got a call from the volleyball coach telling her to come early since the money was starting to run out. A couple of days after that phone call, she passed out on the court during a pre-season game.

When she woke up in the hospital from a coma, four days later, she found out that she had epinephrine, which is a breakdown of the muscles, and that she was paralyzed on the right side of her body.

She overheard the doctors telling her dad that she would never be able to walk again.

"I looked at my mom and I said, 'There's no way in heck that I'm staying in bed like this and my mom was a rebel,'"

Within five weeks she was able to sit up in a wheelchair and then she progressed from using a walker, crutches and cane to walking again.

A year and a half later, Shedd Cress was running again with the Canadian team.

But, Shedd Cress said she still has symptoms.

"I have problems in my arm and when I exert myself, I actually get numb in my foot," she said.

After she recovered, Shedd Cress made the decision to just do a track scholarship instead of both track and volleyball, and went to the

University of Arkansas and learned with the boys in triple jump and then switched to just the women's program. It was around the same time that she made again qualified for Georgia Olympic team for the 1994 Olympics.

But, three weeks before she was supposed to leave, she started pulling muscles and later a ligament in the knee jumping and once again could not participate. They gave her the chance to just go watch, but she declined.

Prior to the 2000 Olympics, Shedd Cress was having doubts about continuing. She was tired of getting hurt and having to fight back.

Every day I always try to motivate somebody
— Crystal Shedd Cress

So she went home to her coach, who she had done in the past, and he advised her to try out of triple jump and try the heptathlon, which is seven events in track and field: 100-meter hurdles, high jump, shot put, 200 and 400 meters, long jump and javelin throw.

It was just three weeks before the Olympic trials and Shedd Cress was trying to learn how to jump over her chest throw a shot just high, swing and throw a javelin because she had never done any of those before.

She ended up winning the Ontario championships and placing second at nationals, which meant that she made the 2000 Olympic team.

But, five more years later, around

Shedd Cress was practicing hurdles for her 200, which was to be the next day when she slipped the hurdle fell and rolled her ankle. She thought she would be fine, by the time her race came, but left a bruise would off, she was only able to take about three steps. "I was kind of disappointed," said Shedd Cress, "but I think it inspired me, went up to a lot of different things."

In 2004 she got married. In 2005, she had a baby girl and had some problems. However, she also couldn't get back into shape.

But the Olympics dream did not fade away.

Today, Shedd Cress is training a few hours every day, trying to get back in shape so that she can make it to the 2012 Olympics, which are being



PHOTO BY ADRIAN BROWN

When Crystal Shedd Cress isn't training, she's teaching her daughter, playing or doing her masters, she teaches a family of fitness classes at Conestoga College.



PHOTO BY ADRIAN BROWN

Shedd Cress teaches her students how to lift weights properly so they don't injure themselves. She also gives students a variety of different workouts to strengthen all muscles.

held in London, England.

When she was training, she was looking after her two-year-old daughter, studying for her masters in kinesiology, being a trainer for other people or teaching a variety of fitness classes at Conestoga College. Shedd Cress is all of the things.

That she can inspire her students with what she has had to go through and provide them with confidence to never give up and to be the best.

"Every day I always try to motivate somebody," she said.

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April 8, 13 & 28	Atrium

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It's a good time to get away

Low airfare and hotel prices are an upside to the economic downturn

By KAREN WAGMAN

It sounds like a bad, but now would be a good time to take a short escape from the recession.

That is, if you plan to travel. When the general population decides to not travel or travel less, it's a simple case of supply and demand — if there are many seats on flights or in some cheap rooms in hotels, prices plummet.

But here are two got the best deal — or take advantage of the current glut of cheap airfare and hotels? The first step is shopping around.

According to independent travel sites, it's best to travel between 11, 14, or even on three days before your flight — or there are the time periods when airlines tend to perk up the prices.

A good tool to use is farecasters, a site that predicts when the lowest price for a flight will become available. For instance, if you were planning on booking a flight to Toronto from Toronto, you can type in the specific dates you want and farecasters will tell you the best time to leave and return.

It also shows appropriate prices. Before flying from Toronto to Miami last year, farecasters told me between \$400 to just \$200 for the second week in May. The website also offers advice on whether to book in advance or wait to get a better deal.

The next step is looking your vacation primary is finding a hotel that just spending with bags but is also light on your wallet.

A little extra money to spend means a good hotel.

Five star hotels, such as the Four Seasons in New York City, have cut prices but some rooms down as much as 50 per cent, according to Farecasters. However, keep in mind the amount of time you plan to spend in your hotel room. If you're going to a resort that takes away a lot of money, however, if you plan to spend most of your

time out and about, returning to your hotel only to sleep and shower, look into hotels. If a hotel is a little less — hotels for your room, then hotels like this may be the perfect fit for you.

A big expense when traveling is transportation. In addition, there is a flight might be less expensive than a day but almost sure you arrive to your destination? The truth is to pick a destination that has enough interesting activities and attractions that cost little to nothing.

New York City is known for its great shops and restaurants, but it also has the best work, historical sites, museums and atmosphere that costs next to nothing.

There are many things to do in cheap day can be exciting in New York City.

At Midway park While not completely necessary — if you want to see your day in advance, it's easy to score a walkable route — an unlimited 14 hour MetroCard, just \$2.75. This lets take you across the city and is a lifesaver.



At Central Park. It's the ultimate choice, but the obvious choice for a reason. Walking across Manhattan, the park is a perfect place to stroll around and historical sights — such as the view of the park dedicated to John Lennon, Strawberry Fields — and ride in the carousel. The City Parks Foundation puts on many events in the park.

Price Free. If personal interest exists. Whether you're a die-hard baseball fan or just love the New York City has plenty of sights.

With a little research, more than one find the right of some more affordable options, such as the buildings on the corner of 1st Avenue and 1st Avenue. The buildings are the oldest in the city, and the street has been in the city since the 18th century. The buildings are the oldest in the city, and the street has been in the city since the 18th century.

Luxury types can find all of the hotels in the city. The hotels are the best in the city, and the street has been in the city since the 18th century. The hotels are the best in the city, and the street has been in the city since the 18th century.

And more than one find the best of the city. The best of the city is the best of the city, and the street has been in the city since the 18th century. The best of the city is the best of the city, and the street has been in the city since the 18th century.

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recreation. Price: Varies — \$100 can be a lot of money, but it's not too much if you're looking for a good time. The city is the best of the city, and the street has been in the city since the 18th century.

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Original Person Ray's, etc. you can find for some and will be left on the street. However, for those looking for a good time, the city is the best of the city, and the street has been in the city since the 18th century. The city is the best of the city, and the street has been in the city since the 18th century.

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Local festival gets ready to GO!

By **SARAH BERNARD**

If the weather cooperates and incoming final exams failed to postpone you summer in an exciting package that will help the third annual GO! Music Festival, as set to kick off with a launch party on April 10, followed by two nights of diverse live music, starts this local venue, April 17 and 18.

Rock festivals are a standard part of any music lover's summer pastime but it was set, and two years ago that the festival had one in all three years.

The gap in the local music scene was the initial response was for the three day event, says Dorian, head curator of the festival.

"We have a great live line up and a great local festival, but there wasn't a rock fest, and our fans said it was definitely support me," she says.

Presented by The Best Goes On, the inaugural festival in 2007 was off without a hitch. However, a terrible snow storm hit last year's festival, leaving some bands in limbo. The promoter organizers to stage this year's event, in April instead of March, says.

"It was the first change we made," she says. "We didn't want to risk the snow storm happening again."

But this year with the first of several changes, good weather makes GO! more welcome locally.

In previous years the festival was held in various tented venues both Rochester and Kennerly, but this year's location will perform, almost exclusively in downtown Rochester.



"We wanted people to be able to walk from venue to venue either then having to take a bus or average ride," Dorian says.

This year's festival has three headliners a change from two headliners last year and into in 2007. The organizers say the gap was chosen for their diverse musical styles and broad appeal. Here are:

That one includes headliners act and Mobile, Sarah Silver and Sebastian Chimento, by name that give the festival an even bigger profile. Dorian's a better known as

half of the popular dance punk duo Death from Above 1979 who debuted in 2004. He will take the stage at the Warburton Regional Children's Museum for a show that will include live sessions to the popular Andy Warhol - Friday 2000 exhibit.

That award-winning Mobile a Montreal based rock outfit that scored several top singles from their 2004 release Tomorrow Starts Today will perform a setlist that is Warhol-themed April 17.

Chimento will lead the line up at the opening and of the second spectrum show who also took an on arena and poster will bring his poster-based pop to the Go! Theatre for a live set on April 17.

The festival also includes over 40 acts from various Canada, called from almost 200 local applications. Advancing acts for the local living there have been produced for \$50 at, between in and local live shows on stage.

Woodlands, which allow access to the rest of the venue, on the other side, are available in area from local live shows (see below) on the festival.

Shaw Dorian and a complete lineup of performing artists can be viewed at www.gomusicfest.com.

— With file from Kasey Gilman

Mississippi Kings set to reign at GO! festival

By **SARAH BERNARD**

A looker, with a typical venue for a rock band to score new fans. Then again, Mississippi Kings is not your typical rock band.

The Hamilton-based Kings will be taking part in the GO! Music Festival on April 17 but it is possible you may have caught one of their sets while watching the ends of your local Chopers.

"We don't do the usual band rock and roll thing," says vocalist Nick Cane who is backed up by Mike West (guitar), Dave Morris (bass), Tim Dugan (drums) and Tom Ralston (keyboards). "We kind of sit down. Our drummer won't play as loud."

The rockers show tend to attract a diverse crowd, which is a number of a good for the band.

Last fall they took a set from Hamilton and released their debut album, Long Time Coming. Set debut.

"The music industry isn't as strong as it was 10 years ago or even five years ago and there's always this debate

about how much live shows should cost." This explains of their decision.

"We had to give a little more work on We're hoping it will bring people to our show."

So far, their immediate success seems to be working. The Mississippi Kings recently returned from a week record tour in their where crowds—especially those stacked with British rockers fans—were frequent with the band's work despite the fact that they had a significant away from the Kings Canadian live base.

Not that a significant gap in time means they had to work hard to stay on top of the scene.

"It was pretty much all live over there," Cane said.

Direct releases rules mean that the band isn't playing on American tour anytime soon, but Mississippi Kings is eager to make their next album. Cane says, "Before they can happen, they are looking forward to touring with our King Riders as part of the GO! Festival in April 17."

"We know these guys," says Cane. "and we're excited to play."

Bro-mantic comedy full of laughs

By **LEAH BROWN**



From Kevin Connolly's as an up and coming real estate agent, who, after becoming engaged to his girlfriend, Casey (Brooke Shields), will see that he has to, if any friends close enough to risk to be his last man.

I Love You Man is as a real up, but mainly comedy about a couple must not couple just say to find a love bond.

Brotherhood is a comedy about a "brotherhood" and who is known to be good for friends. He might have a short on members the last wedding party.

Pat's total lack of ability to connect socially with anyone other than his parents makes a hard to find to find a group of friends who make of it you will.

For efforts to find a last friend include making his homosexual brother, Robby (Andy Samberg), to help him with the art of "making out" in a place where Robby's parents are a source of "fun and games" in that someone who would be a good fit as a friend for his brother.

The second "man date" with a woman, the prehistoric story of historic characters, including a gay war a funny scene, and more and on the properly covered gay men.

It has been said that love will come when you stop looking for it. In the case of I Love You Man, Brotherhood finds Pat when he least expects it. Pat's parents (Robert Iler) do not help at an open house for one of Pat's parents and decide to go out on a date and exchange business cards with him.

The willingness for Robby to have two different friends and their friendship, which is better than a relationship is a good sign, to some other than a friendship.

There are some predictable moments that would normally, to find a new one (but he has) that are barely remembered for the laugh out loud comedy moments for Robby. Social climbing and the loss of the gay straightened out, including James Van Der Beek and Jane Curtin.

It is a surprisingly good commercial look into the complicated world of finding a best friend in your life. I give it three and a half stars out of five.

SPRING SING OUT BY THE POND



PHOTO BY SARAH BERNARD

Michael Elliott, a first-year general arts student, celebrates the return of spring weather by enjoying a view of the pond. This month's forecast calls for a mix of sun and rain, with below-normal temperatures.

Students duck, dive and dodge for charity

By JAMES HANBURY

Haggies — get the ball, kick it — throw the ball, kick it again!

On April 1, Compuce College held its first indoor ball dodge ball tournament at the recreation centre. And it was an job.

It was a good game — no accidents there — so what was the question? asked Steve Kirby, a second year general business student and Pasadenan player who was representing every player who was on T&E.

The tournament, which cost \$4 a person or \$20 for a team of five, attracted 80 teams from a variety of different programs. Some had regular games that require no repeated hits while others used a variation of the game. Some teams were such as those that and the others.

"We didn't have a team name so we just said I, Jack and then we didn't want it to be inappropriate so we just it different," said Steve Kirby, a second year general business student.

The tournament was organized by a group of second year general business students as an assignment for their psychology course.



PHOTO BY JAMES HANBURY

A competitor for the Ball Haggies team lunges for an opponent during Compuce's first annual indoor ball dodge ball tournament on April 1. The Ball Haggies took second place behind The Pylon Heads.

Kerrie Smith and Matt McManis were the primary opponents.

"First we used to organize a poker tournament but that was too hard at the school, so we went for a dodge ball tournament," said McManis.



PHOTO BY JAMES HANBURY

The winning team was The Pylon Heads. McManis (left) is right, Carl Mathies (2nd year), Steve Kirby (2nd year), and Steve Kirby (2nd year) are also students, and Steve Kirby (2nd year) is also a student.

who was also a player.

Proceeds were donated to the Canadian Cancer Society. Many of the teams that entered did so because of the charity connection.

"We're so well known for a good reason," said Kirby.

Others.

Other players however had more than one reason for enjoying the tournament.

"I haven't played dodge ball since elementary school so I thought it would be fun," said Alex Dastier, a player.

"My goal is to be Matt in the band," said Kirby.

At the end of the tournament, it was The Pylon Heads who were crowned the first dodge ball tournament champions of Compuce. They received \$1,000 from the tournament.

Rude gestures sideline soccer players

With World Cup just around the corner, the latest of two soccer players being banned from representing Scotland stems in a shock to the team.

Steve Forster, the captain of the Scotland, and goalkeeper, at Alder MacKenzie back had tonight and promising future in soccer but were benched after making rude gestures.

Apparently the pair topped a night of drinking on March 20 and were forced to take the bench during a game on April 1. If that wasn't bad enough, they made it worse for their coaches by gesturing to the crowd.

From the bench, making "V" signs with their fingers across their face.

For those of us who are Scottish, this sign is offensive. It is the same as someone flipping you the bird here in Canada.

As a Scotsman I can tell you that we are a proud country and take it slightly weird as this is not taken lightly.

No why were they benched? Simply because they were in a rage and in Scotland and nobody wants to be a religious in Scotland and nobody wants to be a religious in Scotland.

Scotland manager George Burley and Scottish Football Association chief executive



Harbor
Star
Opinion

Scotland. Smith took the course of action to begin that a would prevent any future signs. It is an example.

Whether other teams and of course will put them up in yet to be seen but so of now their names are in Scotland.

The question I have for the

more most of Scotland is asking to who will replace them now? But the fact of the team captain caused any damage to the team's morale?

Being without these two players is a blow to the World Cup but is not a disaster to the team.

I have to question whether a lifetime ban and was really needed. Could a suspension not have helped?

The F&S, and Scotland's managers have and it was not a decision they made lightly.

When you think about the fact that children could have and most likely were watching

this game you realize that serious punishment is needed.

Both men have given public apologies and say they are disappointed in themselves. I say "so they should be" but perhaps they should have thought about that before they made a list of themselves and their team.

I hope that they truly have learned from this mistake, even though they will not receive a second chance to prove it.

As for the team I wish them all the best in the qualifying games and hope they do well and make it all the way.

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